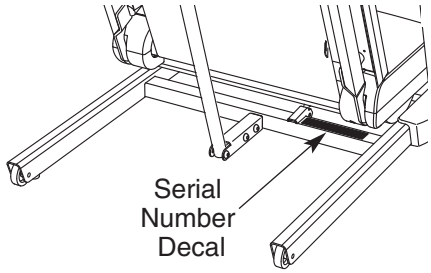
PRO-FORM®

PF 5.2

USER'S MANUAL

Model No. PETL41307.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009
Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG,
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.iconeurope.com

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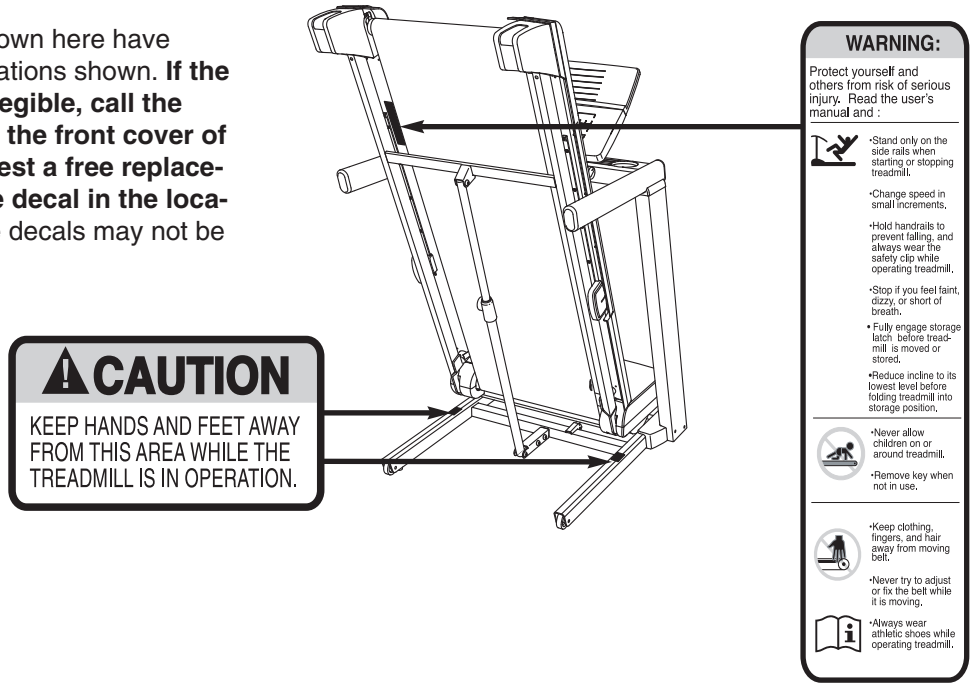
WARNING DECAL PLACEMENT

The warning decals shown here have been applied in the locations shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.


CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under the age of 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 286 lbs. (130 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 12), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**

12. **If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m.**

13. **Keep the power cord and the surge suppressor away from heated surfaces.**

14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)**

15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

19. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)**

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 21.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

21. **When folding or moving the treadmill, make sure that the frame is held securely in the storage position.**

22. **Never insert any object into any opening on the treadmill.**

23. **Inspect and properly tighten all parts of the treadmill regularly.**

24. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

25. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

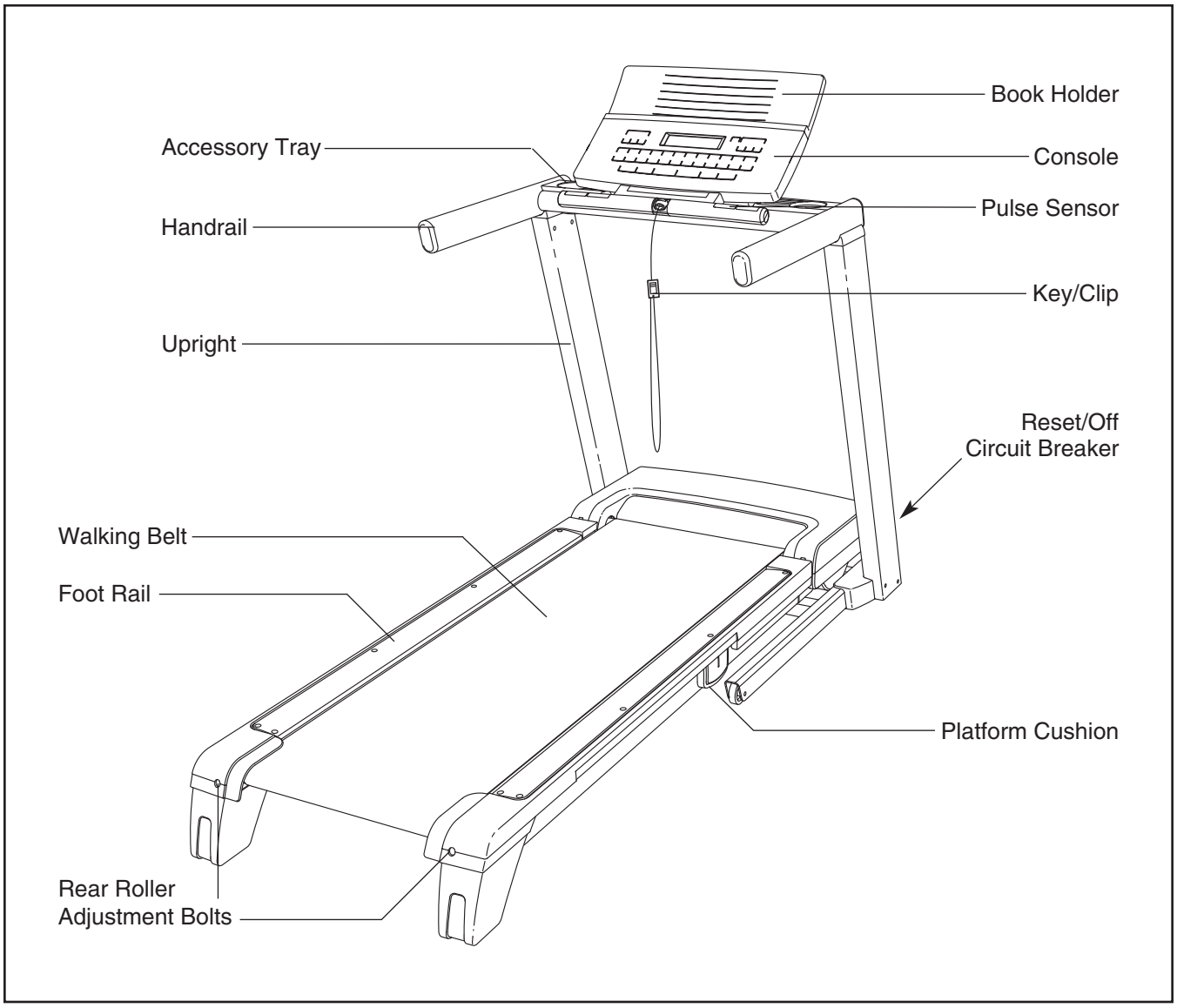
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® PF 5.2 treadmill. The PF 5.2 treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique PF 5.2 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

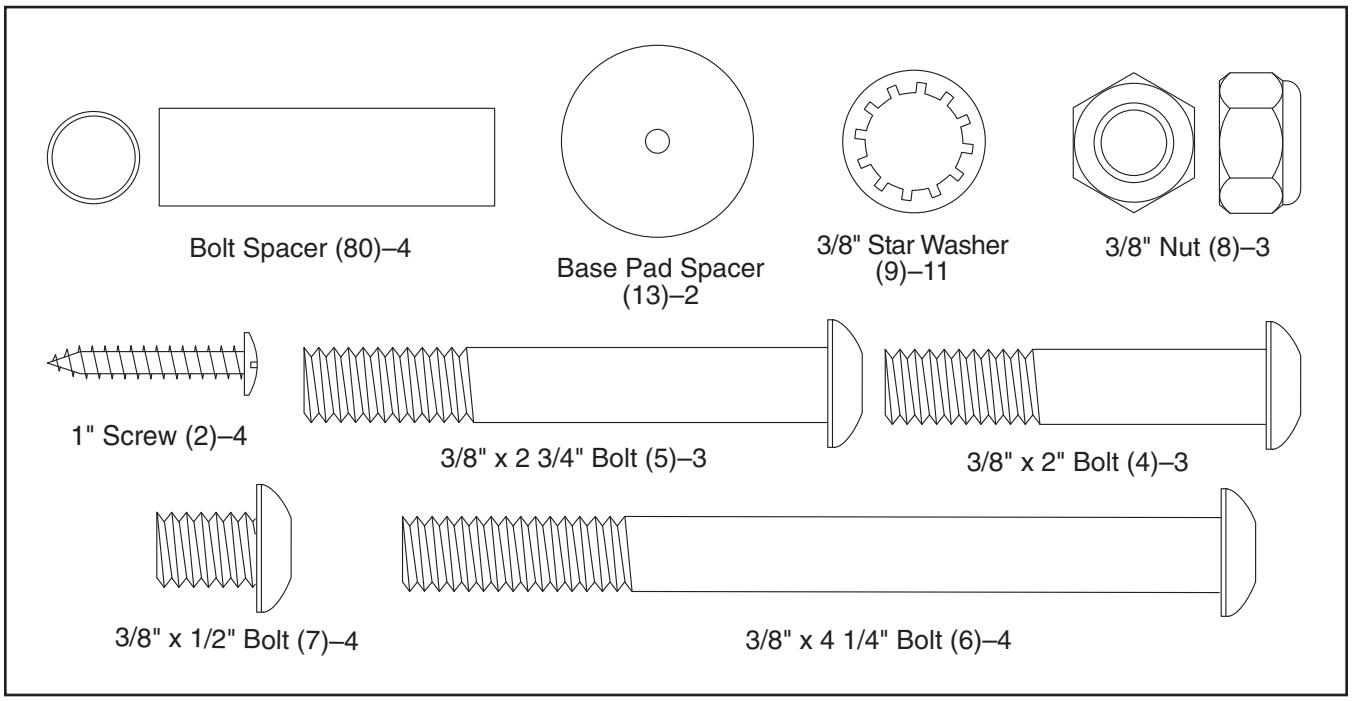


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

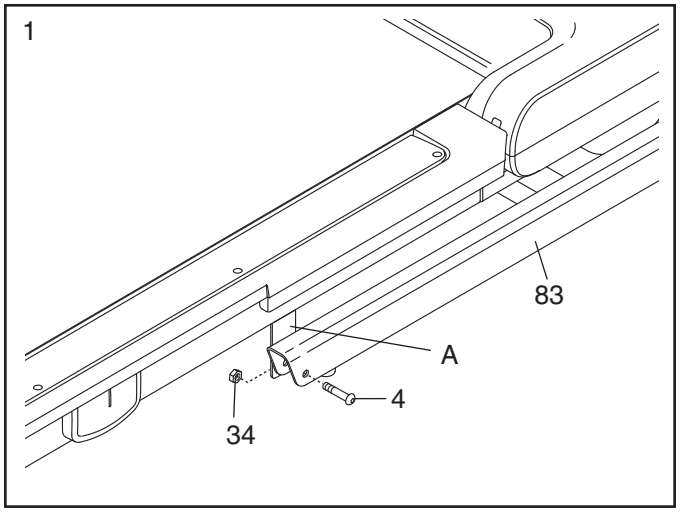
Assembly requires the included hex keys and your own Phillips screwdriver , adjustable wrench , and scissors .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**


Bolt Spacer (80)–4
Base Pad Spacer (13)–2
3/8" Star Washer (9)–11
3/8" Nut (8)–3
1" Screw (2)–4
3/8" x 2 3/4" Bolt (5)–3
3/8" x 2" Bolt (4)–3
3/8" x 1/2" Bolt (7)–4
3/8" x 4 1/4" Bolt (6)–4

1. **Make sure that the power cord is unplugged.**

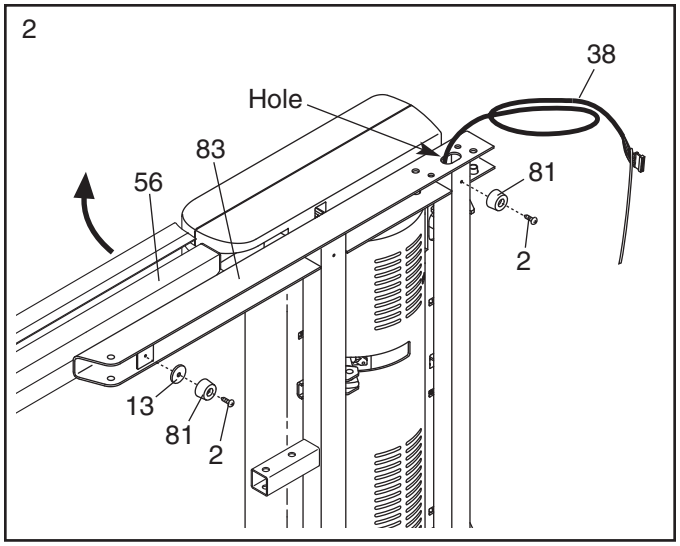
   Remove the 3/8" Jamnut (34), the 3/8" x 2" Bolt (4), and the shipping bracket (A) from the Base (83). **Repeat this step on the other side of the treadmill.** Discard the shipping brackets. The Nuts and Bolts will be used in steps 3 and 6.



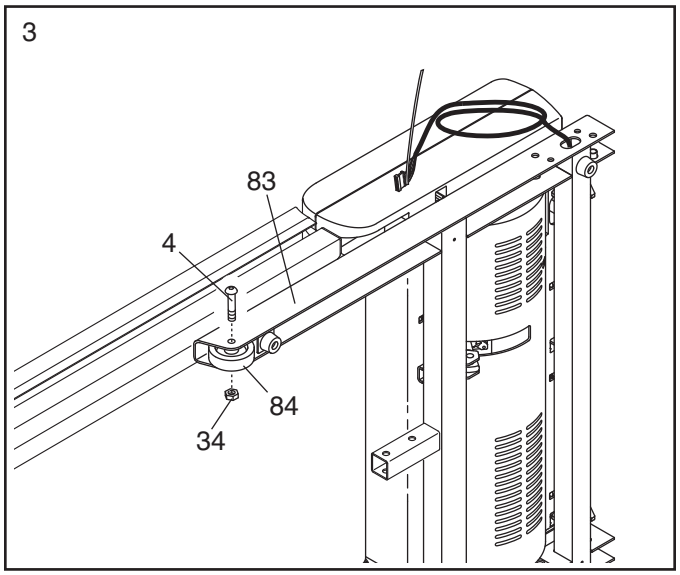
2. With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (56) so that the treadmill is more stable; **do not fully fold the Frame yet.**

   Cut the tie securing the Upright Wire (38) to the Base (83). Locate the tie in the indicated hole in the Base, and use the tie to pull the Upright Wire out of the hole.

   Attach a Base Pad (81) to the Base (83) in the location shown with a Base Pad Spacer (13) and a 1" Screw (2). Then, attach another Base Pad (81) with only a 1" Screw (2).

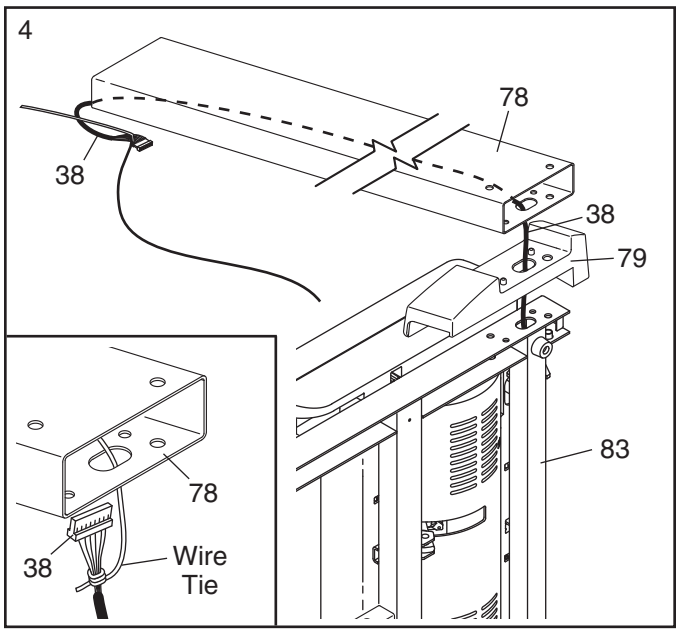


3. Attach a Wheel (84) with the 3/8" Jamnut (34) and the 3/8" x 2" Bolt (4) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**



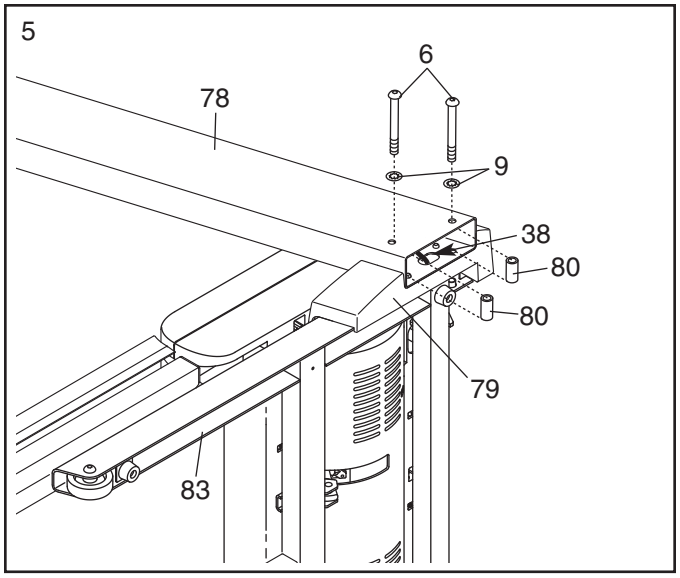
4. Identify the Right Upright (78) and the Right Upright Spacer (79), which are marked with stickers. Insert the Upright Wire (38) through the Right Upright Spacer as shown.

   See the inset drawing. Tie the wire tie in the Right Upright (78) securely around the end of the Upright Wire (38). With the help of a second person, hold the Right Upright near the Base (83). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.



5. Hold a Bolt Spacer (80) inside the lower end of the Right Upright (78). Insert a 3/8" x 4 1/4" Bolt (6) with a 3/8" Star Washer (9) into the Right Upright and the Bolt Spacer. Repeat this step with a second Bolt Spacer (80), 3/8" x 4 1/4" Bolt (6), and 3/8" Star Washer (9).

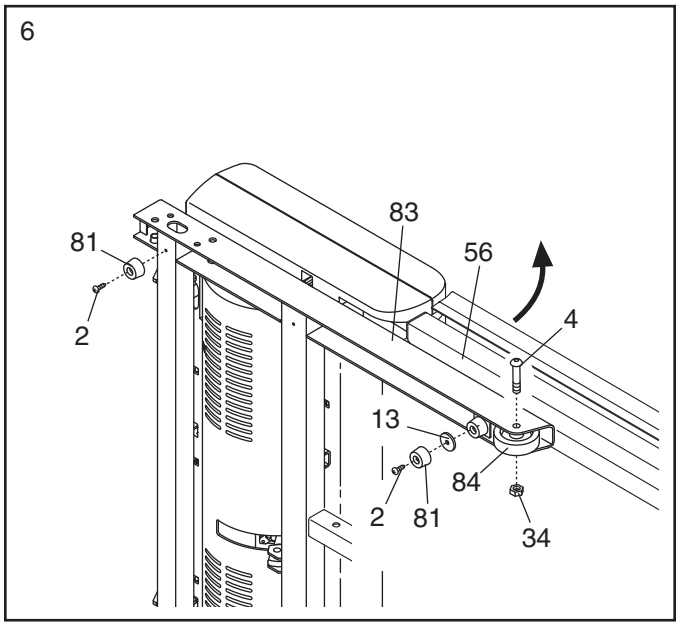
   Hold the Right Upright Spacer (79) and the Right Upright (78) against the Base (83). **Be careful not to pinch the Upright Wire (38).** Partially tighten the two 3/8" x 4 1/4" Bolts (6); **do not fully tighten the Bolts yet.**



6. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (56) so the treadmill is more stable; **do not fully fold the Frame yet.**

   Attach a Base Pad (81) to the Base (83) in the location shown with a Base Pad Spacer (13) and a 1" Screw (2). Then, attach another Base Pad (81) with only a 1" Screw (2).

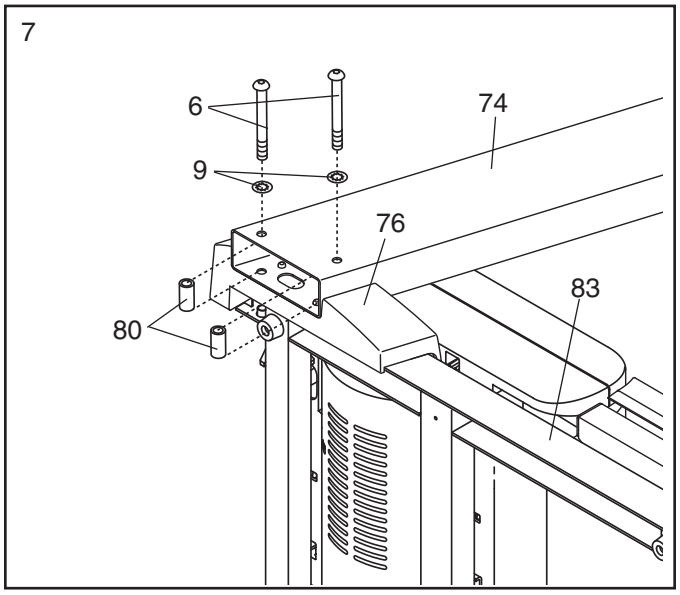
   Attach a Wheel (84) with the 3/8" x 2" Bolt (4) and the 3/8" Jamnut (34) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**



7. With the help of a second person, hold a Bolt Spacer (80) inside the lower end of the Left Upright (74). Insert a 3/8" x 4 1/4" Bolt (6) with a 3/8" Star Washer (9) into the Left Upright and the Bolt Spacer. Repeat this step with a second Bolt Spacer (80), 3/8" x 4 1/4" Bolt (6), and 3/8" Star Washer (9).

   Orient the Left Upright (74) and the Left Upright Spacer (76) as shown. Hold the Left Upright Spacer and the Left Upright against the Base (83). Partially tighten the two 3/8" x 4 1/4" Bolts (6); **do not fully tighten the Bolts yet.**

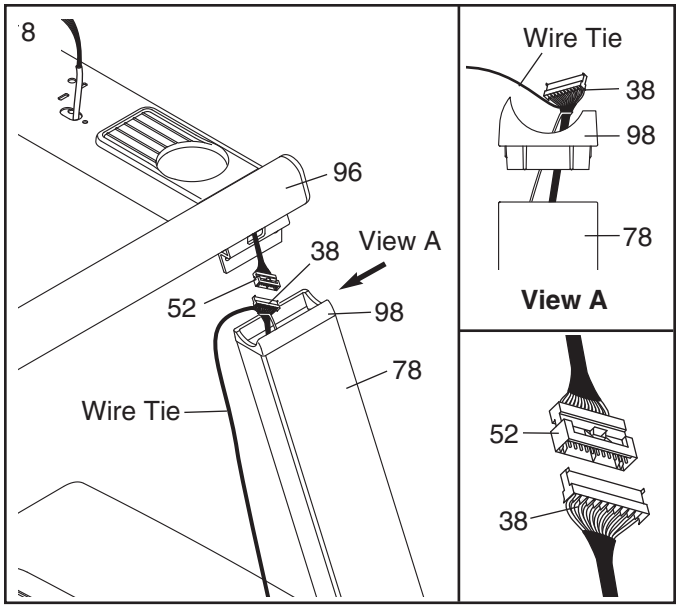
   With the help of a second person, tip the treadmill so that the Base (83) is flat on the floor.



8. **See the upper inset drawing.** Orient the Right Handrail Spacer (98) with the Right Upright (78) as shown. Insert the Upright Wire (38) and wire tie through the Right Upright Spacer and press the Spacer onto the Upright.

   Have a second person hold the Handrail (96) near the Right Upright (78). Remove the wire tie from the Upright Wire (38).

   Connect the Upright Wire (38) to the Handrail Wire (52). **See the lower inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

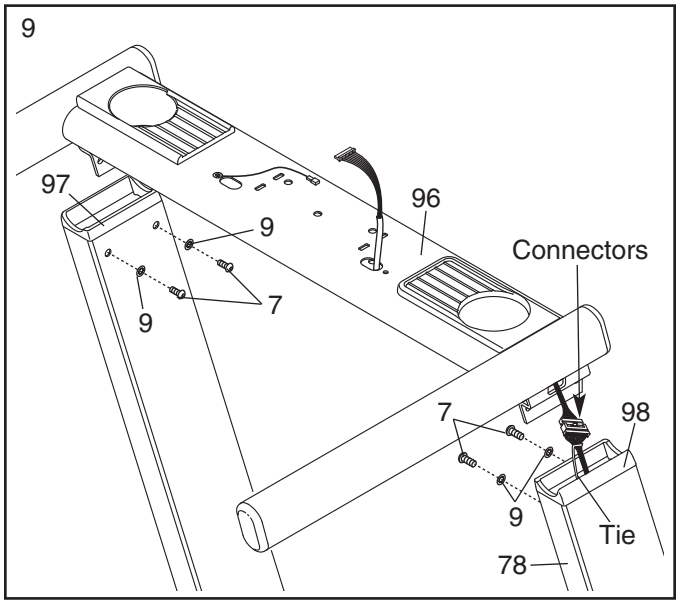


9. Insert the indicated connectors and tie into the Right Upright (78).

   Next, set the Handrail Base (96) onto the Handrail Spacers (97, 98).

   Attach the Handrail Base (96) with four 3/8" x 1/2" Bolts (7) and four 3/8" Star Washers (9); **start all four Bolts and then tighten them.**

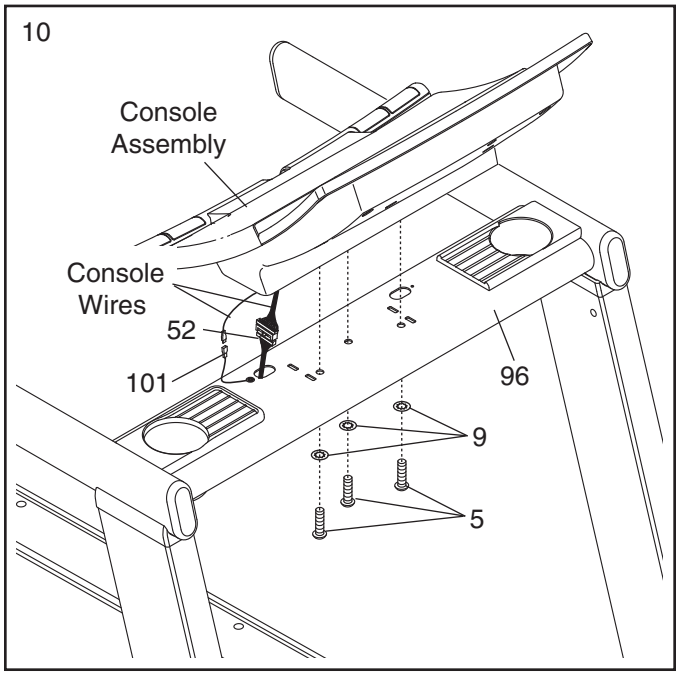
   See steps 5 and 7. Tighten the four 3/8" x 4 1/4" Bolts (6).



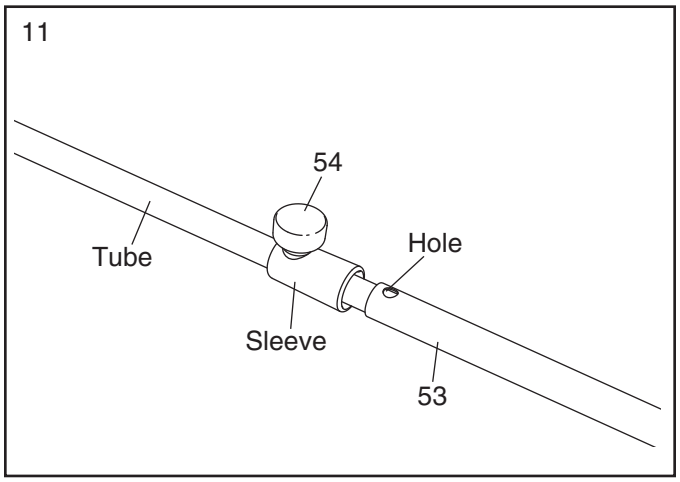
10. With the help of a second person, hold the console assembly near the Handrail Base (96). Connect the Handrail Wire (52) to the console wire. **See the lower inset drawing in step 8. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

    Connect the Console Ground Wire (101) to the console assembly ground wire. Insert the wires into the console assembly.

    Attach the console assembly with three 3/8" x 2 3/4" Bolts (5) and three 3/8" Star Washers (9). **Be careful not to pinch the wires.**



11. Identify the Storage Latch (53). Remove the tie from the end of the tube. Make sure that the sleeve has been slid over the indicated hole and that the Latch Knob (54) is locked into the indicated hole. **Pull on the sleeve to make sure that it is locked into place.**



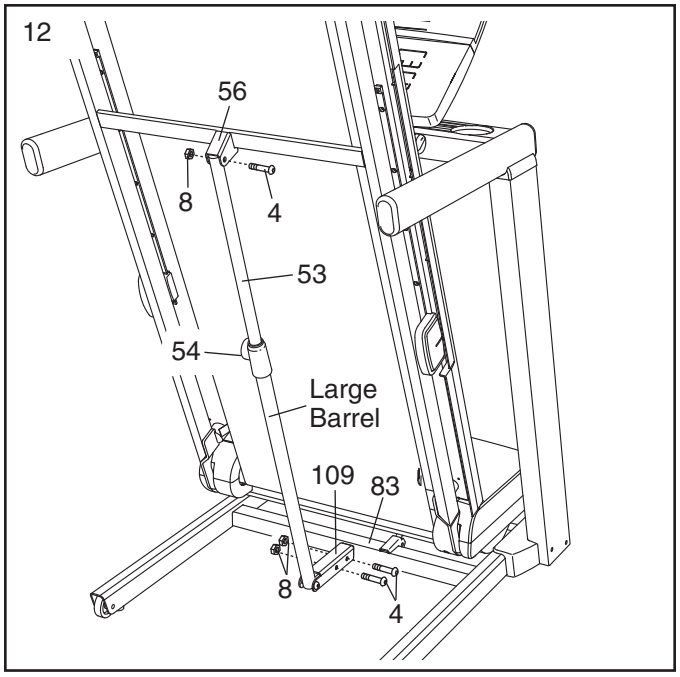
12. Raise the Frame (56) to the position shown. **Have a second person hold the Frame until this step is completed.**

    Orient the Storage Latch (53) so that the large barrel and the Latch Knob (54) are oriented as shown.

    Attach the Latch Bracket (109) and Storage Latch (53) to the Base (83) with two 3/8" x 2" Bolts (4) and two 3/8" Nuts (8).

    Attach the upper end of the Storage Latch (53) to the bracket on the Frame (56) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

    Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 21).

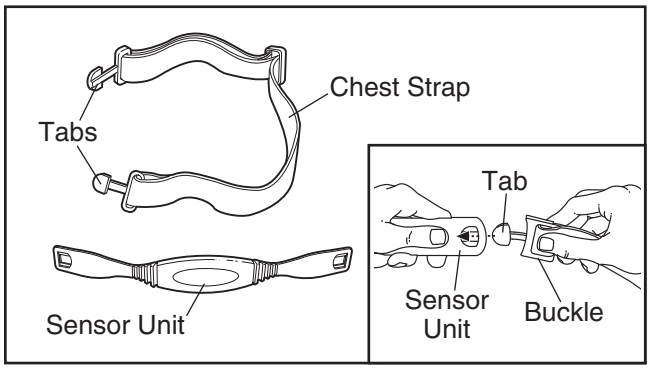


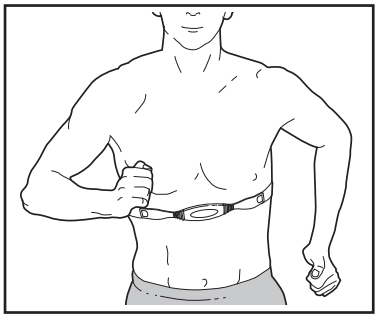
13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see pages 23 and 24).

HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the chest pulse sensor around your chest, and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 50° C (122° F) or below -10° C (14° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 24).

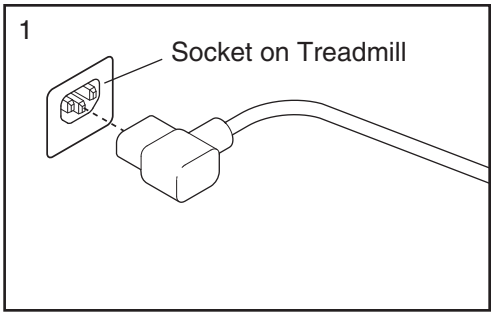
OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

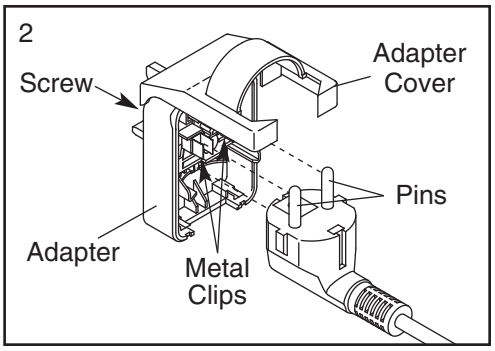
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

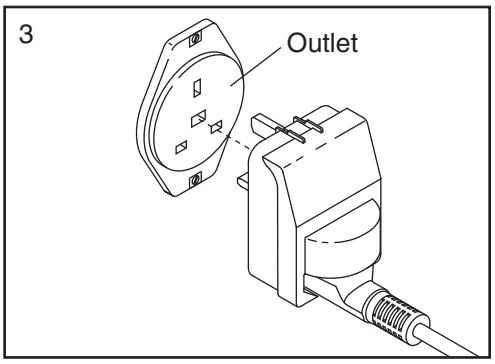


See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

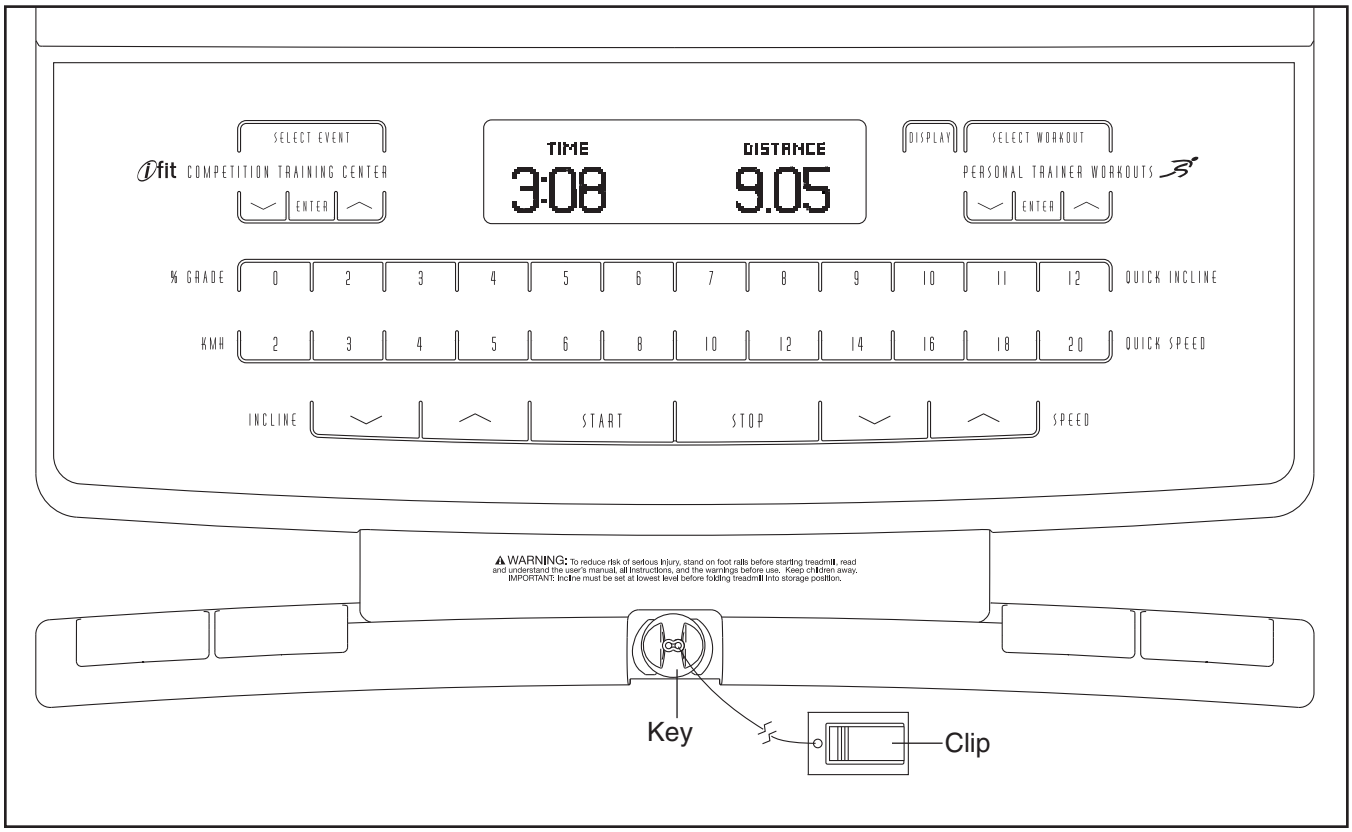


See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM


SELECT EVENT
ifit COMPETITION TRAINING CENTER
ENTER
TIME
3:08
DISTANCE
9.05
DISPLAY
SELECT WORKOUT
PERSONAL TRAINER WORKOUTS
ENTER
% GRADE
0 2 3 4 5 6 7 8 9 10 11 12
QUICK INCLINE
KMH
2 3 4 5 6 8 10 12 14 16 18 20
QUICK SPEED
INCLINE
START
STOP
SPEED
WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.
IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.
Key
Clip

FEATURES OF THE CONSOLE

This revolutionary treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor (see page 12 for more information on the chest pulse sensor.

In addition, the console features 24 personal trainer workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even compete against animated runners using the iFIT Competition Training Center.

To turn on the power, follow the steps on page 15. **To use the manual mode**, see page 15. **To use a personal trainer workout**, see page 17. **To use the iFIT Competition Training Center,** see page 18. **To use the settings mode,** see page 19. **To use the information mode,** see page 20.

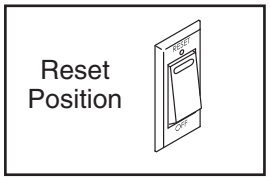
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).

Note: The console can display speed and distance in either kilometers or miles. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 20. For simplicity, all instructions in this section refer to kilometers.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 14) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

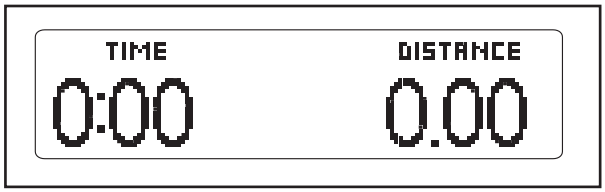
HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER to the left.

2. **Select the manual mode.**

   Each time you insert the key, the manual mode will be selected. If you have selected a workout, press either of the workout buttons repeatedly until only zeros appear in the display.



3. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the Quick Speed buttons numbered 2 to 20. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

   If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 km/h. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 km/h; if you hold down a button, the speed setting will change in increments of 0.5 km/h. If you press one of the twelve numbered Quick Speed buttons, the speed of the walking belt will gradually adjust until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered Quick Speed buttons.

4. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Incline increase or decrease buttons, or one of the Quick Incline buttons numbered 0 to 12. Each time you press a button, the incline will gradually adjust until it reaches the selected incline setting.

5. **Follow your progress with the display.**

   The console offers several display options. The display option you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display option.

   As you walk or run on the treadmill, the display can show the following workout information:

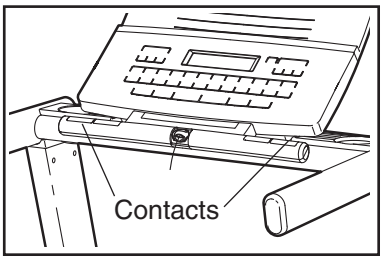
   - The elapsed time.
   - The distance you have walked or run.
   - The approximate number of calories you have burned.
   - The approximate number of calories burned per hour.
   - Your exercise intensity in mets. One met is the amount of energy you use while sitting.
   - The speed of the walking belt.
   - The incline level of the treadmill.
   - Your pace in minutes per kilometer or minutes per mile.
   - Your heart rate.

   Note: Regardless of which display mode you select, the speed or incline setting will appear in the display for a few seconds each time you change the setting. In addition, your heart rate will appear in the display each time you use the handgrip pulse sensor or the chest pulse sensor (see step 6).

6. **Measure your heart rate if desired.**

   You can measure your heart rate using either the handgrip pulse sensor or the chest pulse sensor (see page 12 for information about the chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

   Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

   To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **When you are finished exercising, remove the key from the console.**

   Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

   When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **Important: If you do not do this, the electrical components of the treadmill may wear prematurely.**

HOW TO USE A PERSONAL TRAINER WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a personal trainer workout.**

   To select one of the 24 personal trainer workouts, press the Select Workout button. Then press the Increase and Decrease buttons below the Select Workout button until the name of the desired workout appears in the display.

   When you select a personal trainer workout, the display will show the name, the duration, the maximum incline setting, and the maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will appear in the display.

   Each preset workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for consecutive segments.

3. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   During the program, the profile will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound, the next segment of the profile will begin to flash and the speed and incline setting will appear in the display to alert you.

   The program will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the current segment column. **However, when the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

4. **Follow your progress with the display.**

   See step 5 on page 16.

   Instead of showing elapsed time, the display will show the time remaining in the workout. The display will also show your energy output in watts.

5. **Measure your heart rate if desired.**

   See step 6 on page 16.

6. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 16.

HOW TO USE THE IFIT COMPETITION TRAINING CENTER

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select the iFIT Competition Training Center.**

   To select the iFIT Competition Training Center, press the Select Event button. Use the Increase and Decrease buttons below the Select Event to select a race against a group of four opponents or against one opponent.

   If you choose to compete against a group, highlight the RACE AGAINST A PACK option and then press the Enter button below the Select Event button. Select a level of difficulty and the distance of the race by pressing the Increase and Decrease buttons. Press the Enter button after each selection.

   If you choose to race against one opponent, highlight the RACE A SINGLE OPPONENT option and then press the Enter button. Press the increase and decrease buttons to select an opponent and the distance of the race. Press the Enter button after each selection. Note: Each opponent appears more than once with different levels, or tiers, of difficulty.

   A few moments after you select the length of the race, the race will begin. Hold the handrails and begin walking. Adjust the speed and incline of the treadmill as desired.

   The workout will continue until the race ends.

3. **Follow your progress with the display.**

   The console offers several display options. The display option you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display option.

   As you walk or run on the treadmill, the display can show the following workout information:

   - An animation of a runner labeled “U,” which represents you. As you increase or decrease the speed of the walking belt, the runner will speed up or slow down. The display will also show animations of the other runners.
   - The course you are running.
   - Your number of seconds ahead of the other runners or behind the lead runner. If you are behind, the display will show a negative number of seconds.
   - Your rank in the race.
   - The speed of the walking belt. Note: Press the Enter button to see your pace in minutes per kilometer or minutes per mile. Press the Enter button again to view the speed of the walking belt.
   - The incline level of the treadmill.
   - The approximate number of calories you have burned.
   - The distance that you have walked or run.
   - The elapsed time.

- A profile of the incline settings of the race.
- A status bar showing your progress in the race.
- Your average speed.
- The rate at which your opponents recover their energy (rec).
- The bank of energy your opponents have left.
- The tactics your opponents are using.
- Your heart rate.

4. **Measure your heart rate if desired.**

   See step 6 on page 16.

   To view your heart rate, select the display option which shows the animation of the runners.

5. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 16.

HOW TO USE THE SETTINGS MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 15.

2. **Select the settings mode.**

   To select the settings mode, press the Select Event button. Highlight the SETTINGS option and press the Enter button. The menu will show the maximum incline of the race, the incline selection setting, and the start speed for the race.

3. **Enter user information.**

   Press the Increase and Decrease buttons until an arrow appears next to the desired option. Then, press the Enter button. A flashing cursor will appear in the field in the display. Press the Increase and Decrease buttons to change the selection. When you have finished changing the field, press the Enter button. Repeat this action to enter all the desired information.

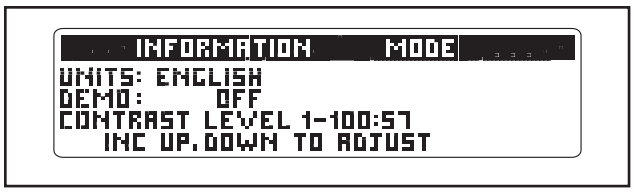
4. **Exit the settings mode.**

   When you are done changing the settings, highlight the EXIT SETTINGS option and press the Enter button.

THE INFORMATION MODE

The console features an information mode that allows you to select a unit of measurement for the console, turn on or turn off the display demo mode, and change the contrast of the display.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:



The display will show the selected unit of measurement. To change the unit of measurement, press the Speed increase button. To view distance in kilometers, select METRIC. To view distance in miles, select ENGLISH.

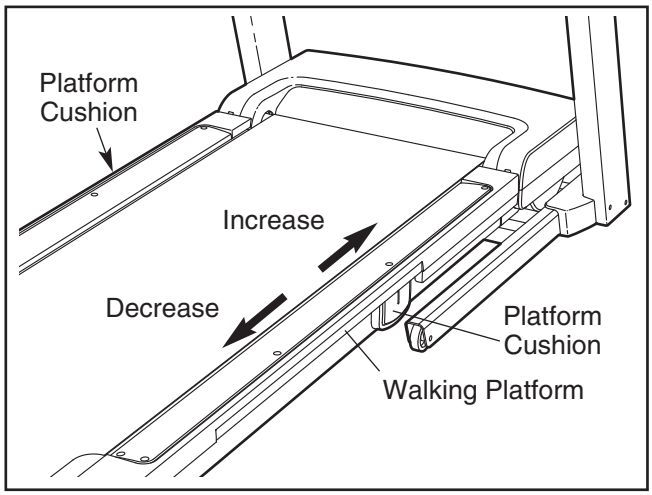
The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word “ON” will appear in display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

To adjust the contrast of the display, press the Incline increase and decrease buttons.

To exit the information mode, remove the key from the console.

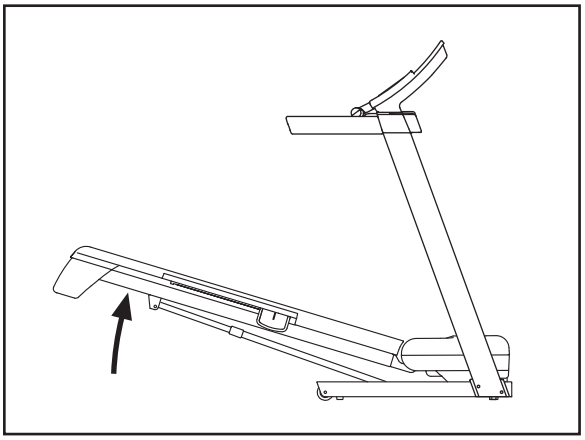
HOW TO ADJUST THE CUSHIONING SYSTEM

Remove the key from the console and unplug the power cord. The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, step off the treadmill and slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**



HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

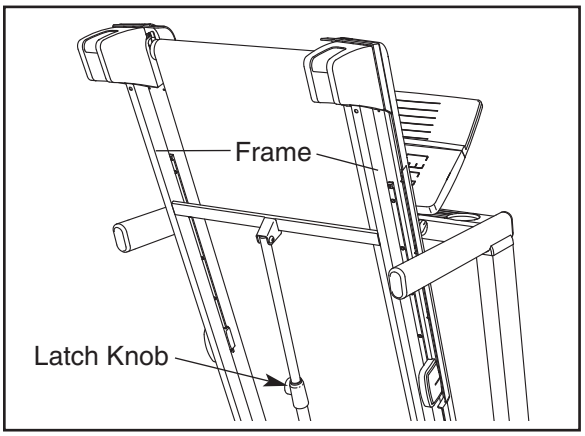


Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.

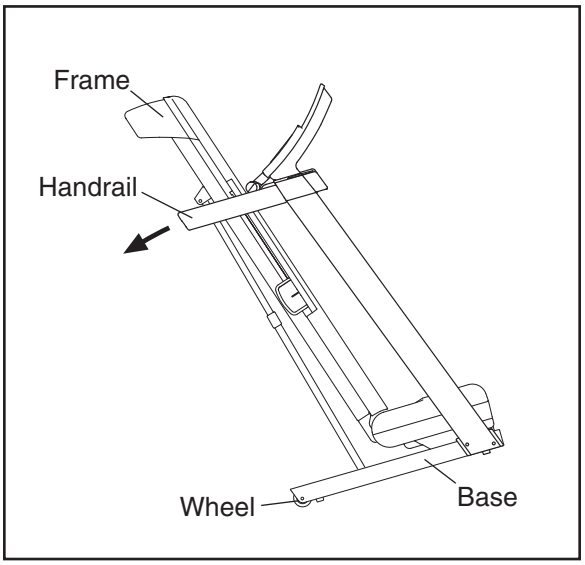
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**



1. Hold a handrail and the frame and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your left hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob. Pivot the frame downward and release the latch knob.

2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**

TROUBLESHOOTING

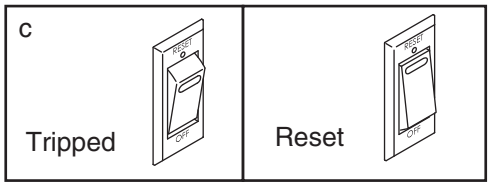
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call the telephone number listed on the back cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 13.) If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

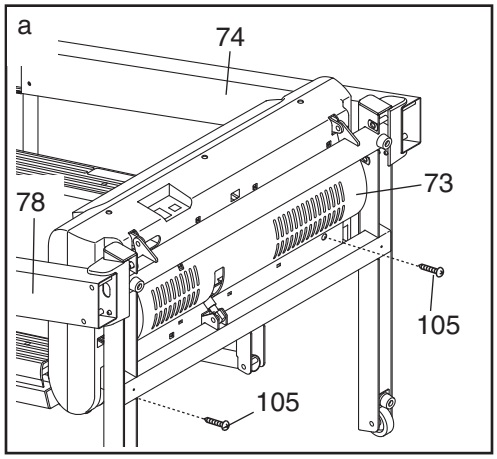
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

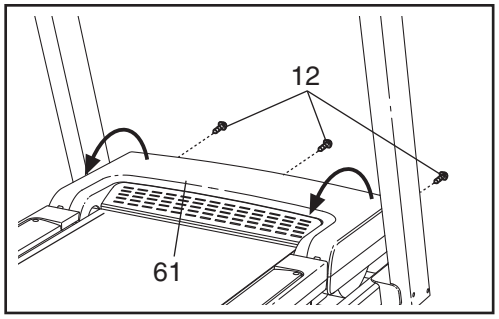
SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

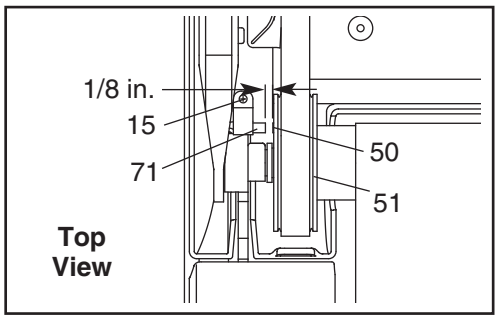
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Uprights (74, 78) down. There may be two #8 x 2" Screws (105) in the bottom of the Belly Pan (73). If there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required. Then, raise the Uprights.



Remove the three 3/4" Screws (12) and carefully pivot the Hood (61) off.



Locate the Reed Switch (71) and the Magnet (50) on the left side of the Pulley (51). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the 3/4" Reed Switch Screw (15), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown). If necessary, tip down the Uprights (not shown), reattach the Hood Screws (not shown) and raise the Uprights. Run the treadmill for a few minutes to check for a correct speed reading.



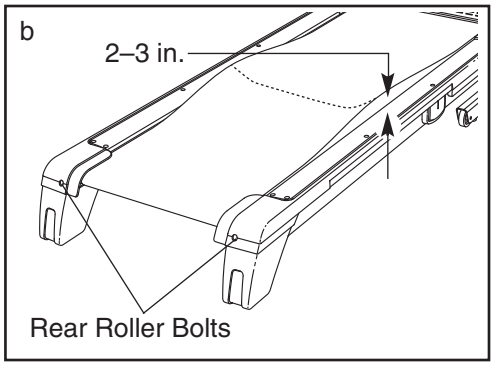
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13.

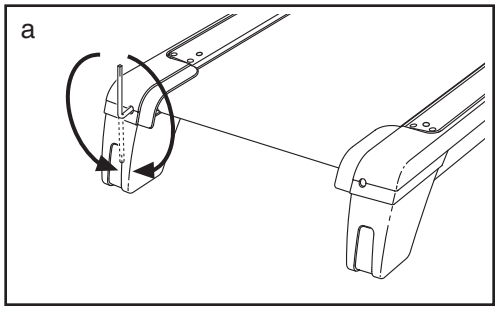
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



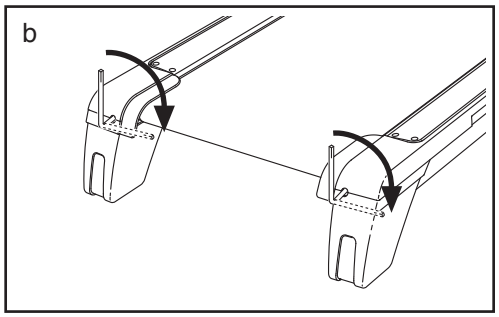
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



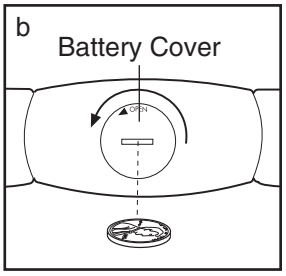
b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



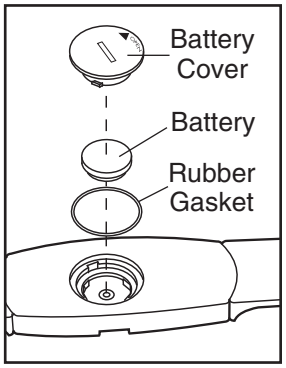
PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 12.

b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counterclockwise to the “open” position. Remove the cover.



Remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.



EXERCISE GUIDELINES

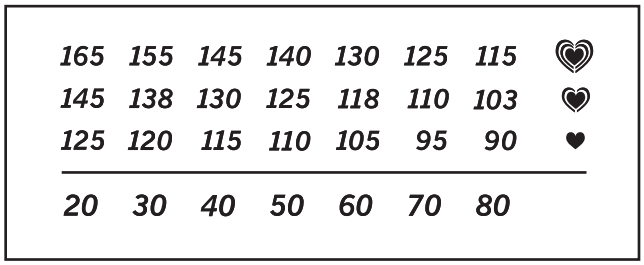
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PETL41307.0

R1207A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description
1	29	1/2" Screw
2	4	1" Screw
3	1	Hex Key
4	6	3/8" x 2" Bolt
5	3	3/8" x 2 3/4" Bolt
6	4	3/8" x 4 1/4" Bolt
7	4	3/8" x 1/2" Bolt
8	6	3/8" Nut
9	11	3/8" Star Washer
10	1	Ferrite Clamp
11	5	3/4" Tek Screw
12	5	3/4" Screw
13	2	Base Pad Spacer
14	8	#8 x 1 3/4" Screw
15	1	3/4" Reed Switch Screw
16	1	#8 Ground Nut
17	2	1/4" x 1" Bolt
18	2	5/16" x 4" Bolt
19	2	3/8" x 1 1/4" Bolt
20	2	Rear Roller Bolt
21	1	3/8" x 1 3/4" Motor Bolt
22	1	3/8" x 1 1/2" Bolt
23	2	3/8" x 1" Bolt
24	15	1/2" Ground Screw
25	10	1 1/4" Foot Rail Screw
26	2	5/16" x 3/8" Bolt
27	2	Motor Bushing
28	14	#8 x 3/4" Track Screw
29	4	#8 x .44" Screw
30	2	1/4" Washer
31	2	1/4" Lock Washer
32	4	#8 Washer
33	2	#8 Star Washer
34	4	3/8" Jamnut
35	1	Incline Motor Wire
36	2	5/16" Flange Nut
37	3	Hood Clip
38	1	Upright Wire
39	3	Cage Nut
40	4	#8 x 1 3/4" Foot Screw
41	1	Left Foot Rail
42	1	Warning Decal
43	2	Walking Platform Cushion
44	1	Walking Platform
45	1	Walking Belt
46	2	Belt Guide
47	1	Motor Isolator
48	2	Frame Spacer
49	2	Front Roller Spacer
50	1	Magnet
51	1	Front Roller/Pulley
52	1	Handrail Wire
53	1	Storage Latch
54	1	Latch Knob
55	1	Right Foot Rail
56	1	Frame
57	2	Rear Roller Bracket
58	1	Rear Roller
59	1	Left Rear Foot
60	1	Right Rear Foot
61	1	Hood
62	1	Drive Belt
63	1	Ground Wire w/Decal
64	1	Motor
65	1	Lift Frame
66	3	Wire Tie
67	1	Rear Roller Ground Wire
68	1	Power Cord
69	1	Power Cord Adapter
70	1	Controller
71	1	Reed Switch
72	1	Reed Switch Clip
73	1	Belly Pan
74	1	Left Upright
75	1	Incline Motor
76	1	Left Upright Spacer
77	1	Receptical
78	1	Right Upright
79	1	Right Upright Spacer
80	4	Bolt Spacer
81	4	Base Pad
82	2	Caution Decal
83	1	Base
84	2	Wheel
85	3	Releasable Tie
86	11	8" Tie
87	1	Access Door
88	1	Book Holder
89	1	Console
90	2	Cushion Track Stop
91	1	Console Back
92	1	Console Plastic Tie
93	1	Console Frame
94	2	Cup Holder
95	1	Chest Pulse Receiver
96	1	Handrail Base
97	1	Left Handrail Spacer
98	1	Right Handrail Spacer
99	4	Handrail Endcap
100	1	Key/Clip

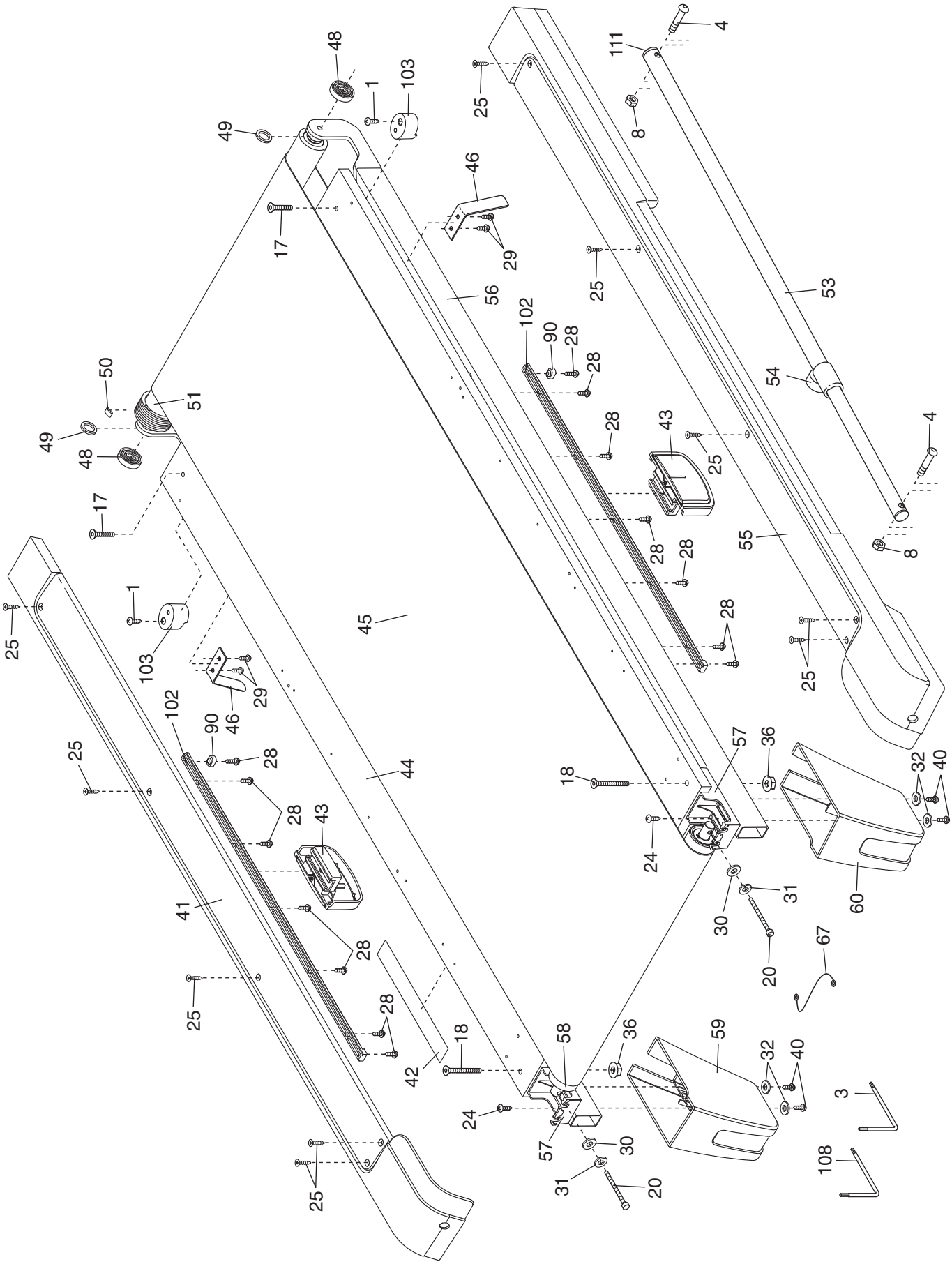
Key No.	Qty.	Description
101	1	Console Ground Wire
102	2	Cushion Track
103	2	Front Cushion
104	1	Lift Motor Spacer
105	2	#8 x 2" Screw
106	1	Reset/Off Circuit Breaker
107	1	Lift Frame Ground Wire
108	1	5/32" Hex Key
109	1	Latch Bracket
110	2	15 1/2" Wire Tie
111	1	Latch Endcap
112	1	Controller Ground Wire
113	2	Receiver Screw
114	1	Chest Pulse Strap
115	1	Transformer
116	1	Filter
117	1	Electronics Bracket
118	1	Chest Pulse Sensor
*	–	4" Black Wire, M/F
*	–	4" Black Wire, 2F
*	–	10" Blue Wire, M/F
*	–	8" Blue Wire, 2F
*	–	8" White Wire, 2F
*	–	4" Red Wire, M/F
*	–	User's Manual

*These parts are not illustrated.

Specifications are subject to change without notice.

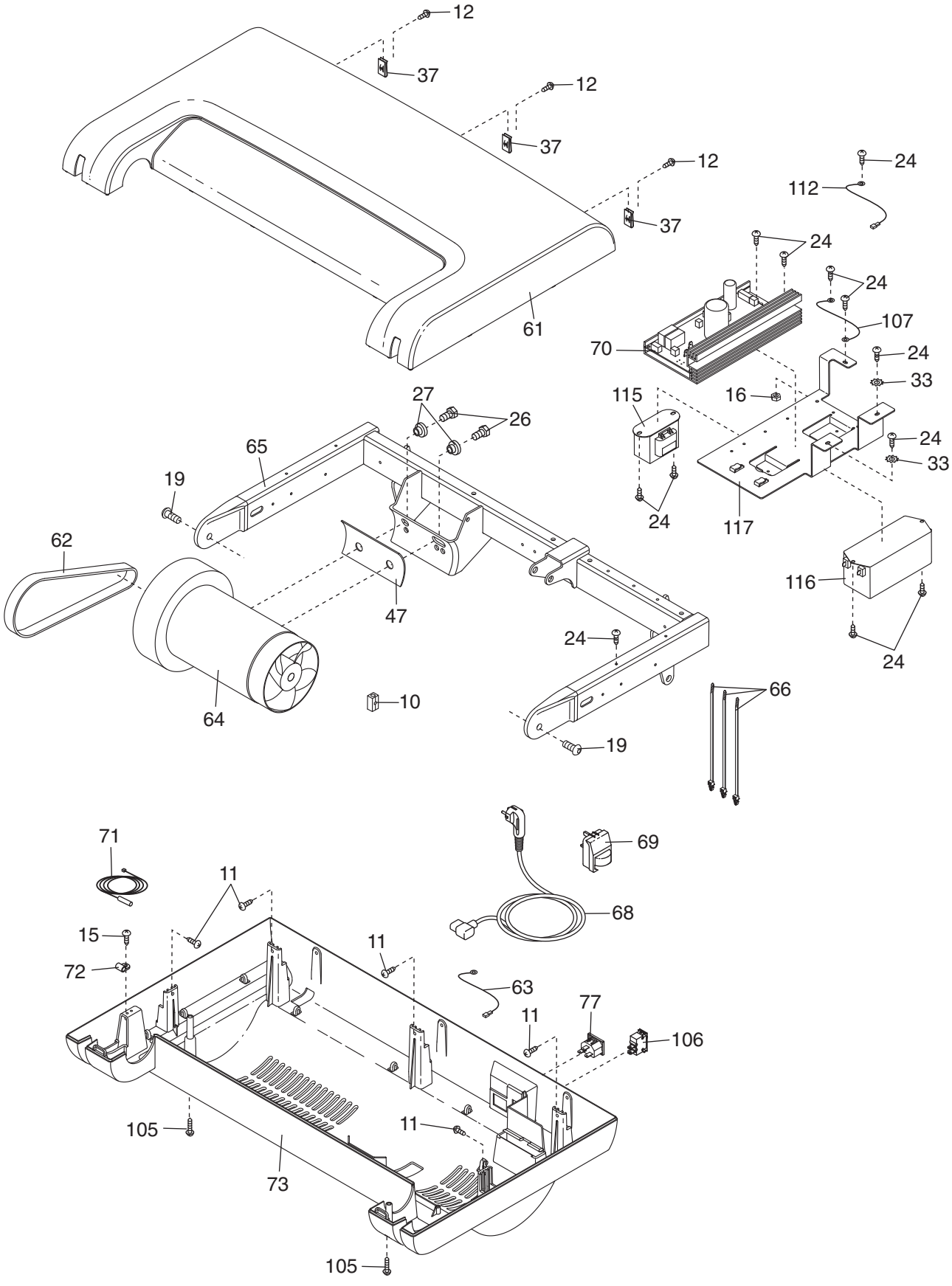
EXPLODED DRAWING A—Model No. PETL41307.0

R1207A



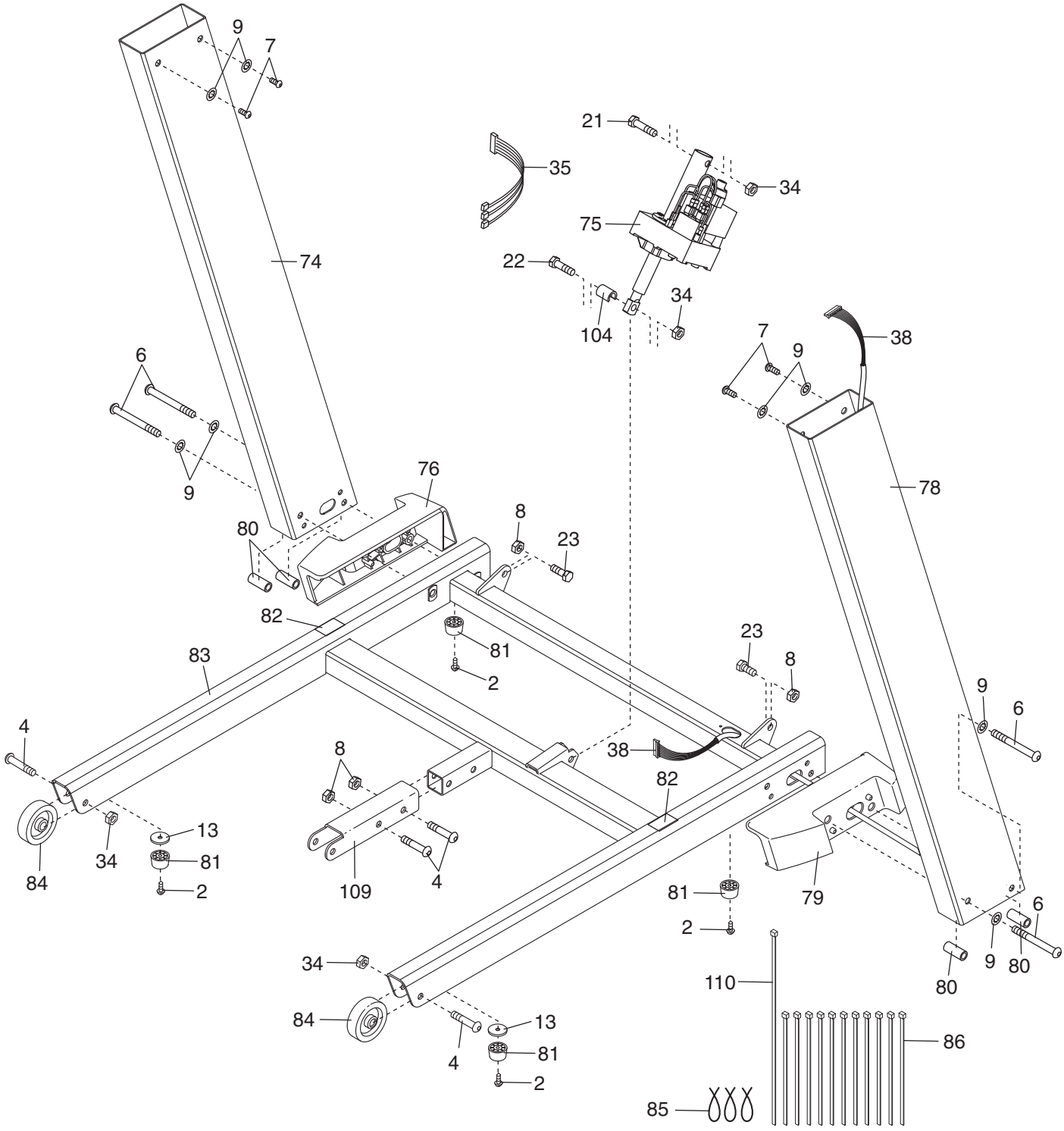
EXPLODED DRAWING B—Model No. PETL41307.0

R1207A



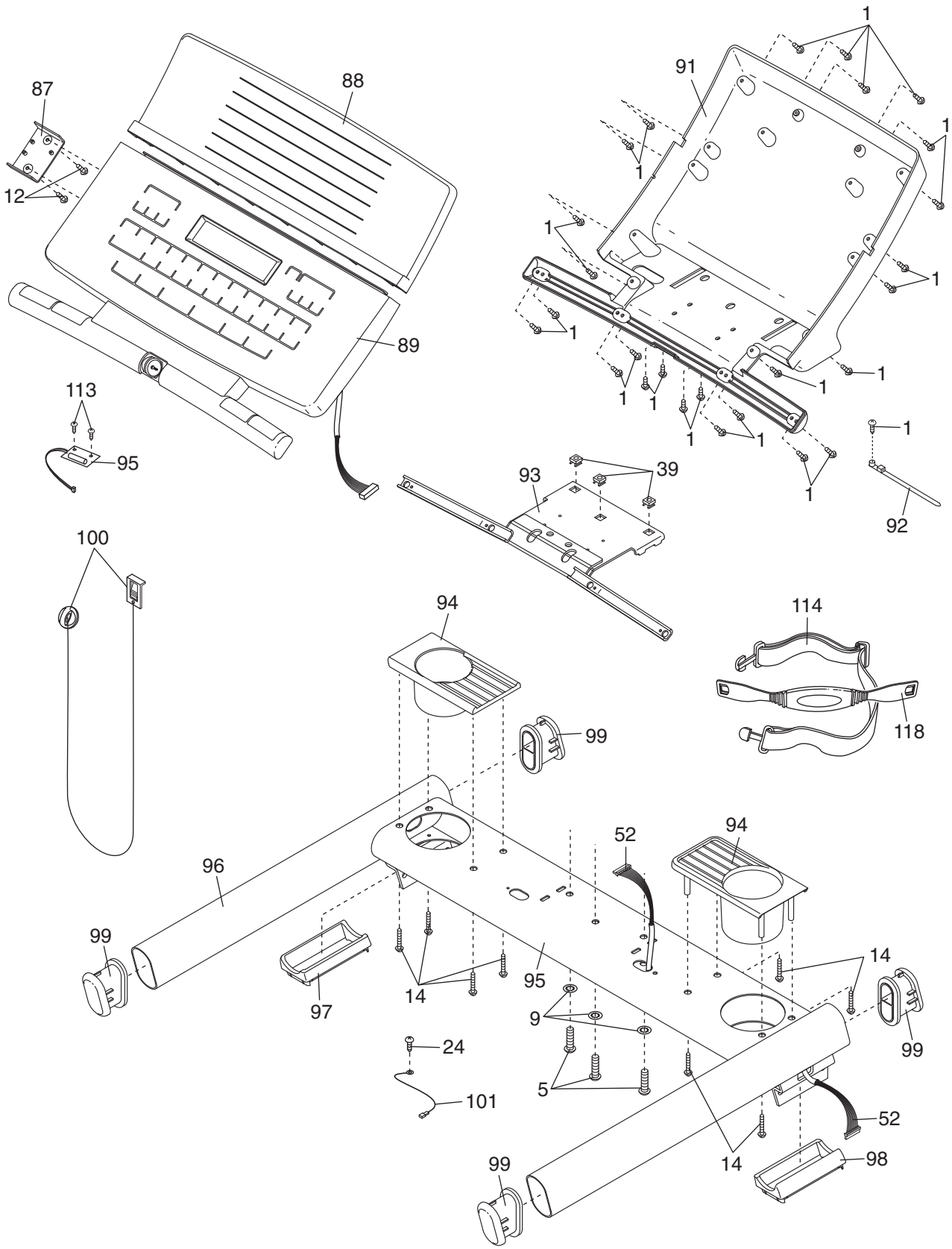
EXPLODED DRAWING C—Model No. PETL41307.0

R1207A



EXPLODED DRAWING D—Model No. PETL41307.0

R1207A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PARTS LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

Part No. 257909 R1207A

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